



Deer Valley Unified School District



Sandra Day O'Connor High School

25250 N. 35th Avenue Phoenix, Arizona 85083
623.445.7100 623.445.7180 (fax) sdohs.dvUSD.org

Course: Advanced Sports Medicine/HES275

Teacher: Courtney Woodward

Voice Mail: (623) 445-7388

E-mail: courtney.woodward@dvUSD.org

Web Page/Canvas Site: <https://dvUSD.instructure.com>

Tutoring Hours: Tues 2:20-3:20 pm

School Year: 2020-21

Prep Hour: Period 4

Room: 850

Department Mission Statement:

The mission of the CTE Department is to provide students with opportunities, skills, and experiences that can be applied to their future career path.

Department Target Learning Goal:

100% of the SDOHS CTE Sports Medicine students that take the state assessments will earn a passing score.

Course Description

The Advanced Sports Medicine course consists of school-based and work-based supervised learning that will consist of 51% of hands on learning in lab, and will incorporate work based learning scenarios to demonstrate understanding. This advanced course prepares students to apply academic and technical knowledge in a health profession environment. Students will be introduced to the analysis of human movement based on anatomical and mechanical principles. Emphasis is placed on the anatomy and physiology of the muscular, skeletal, and nervous systems and their interaction in human movement and athletic performance. Each student will be required to spend an additional 30 work based learning hours under the supervision of a Health Care Professional in a health care environment. A minimum of 15 hours is assigned per semester, outside of regular class time. This project consists of observation and/or practicing skills in one or more of the following venues: HS Athletic Training coverage, physical therapy clinics, or any other allied healthcare venues upon approval of CTE Teacher. CE articles may be approved on an individual basis for hours. An "Off Campus Observation Hour" form must be submitted and approved to complete hours off campus. Students are asked to complete daily hours as a shift, covering for a minimum of 5 hours per shift. Students will also obtain OSHA 10 Health Care Certification (CTE Industry Certification). This will be completed on campus as a 10 hour online course. OSHA 10 is designed to teach students workplace safety and reduce jobsite hazards. Students will also acquire Professional Skills developed by business and industry leaders across Arizona that will be integrated throughout the advanced program and presented as a Professional Skills rubric. Lastly, each Advanced Sports Medicine student is also enrolled as a member of the Career and Technical Student Organization HOSA (Future Health Professionals). HOSA is incorporated into the curriculum and also provides great opportunities for leadership conferences, competitions, and scholarships. There may be additional fees to participate in some of the out-of-class opportunities, but it is highly recommended for any student interested in pursuing a career in health services. Dual enrollment as HES 275 is also provided for this course.

This course is aligned with the Arizona State Standards which include the Common Core State Standards.

Course Goals and Objectives

By the end of the year, students will be prepared to sit for the state sports medicine exam, which is the final portion required for their program completion certificate. They will be fluent in medical terminology in conversation and professional writing, as well as apply basic patient care skills. They will have developed the professional skills to give them a competitive advantage. We will incorporate the math, reading, and writing standards from the ADE Common Core standards, as well as the ADE CTE standards for Sports Medicine and Rehabilitative Therapies. Both can be found at <http://www.azed.gov>. The Sports Medicine instructional program prepares students for entry-level employment, further training, and/or post-secondary education for these and other occupations: Personal Trainer, Athletic Trainer Aide, Physical Therapy Aide, Patient Transport Assistant, and Caregiver.

The Dual Enrollment competencies for Rio Salado (HES275) that are covered in this class:

1. Distinguish between professions that incorporate rehabilitation or therapeutic interventions and their roles in the recovery process. (I)
2. Describe the different disablement models used in the treatment of athletic injuries and the importance of identifying and addressing all associated aspects of athlete's physical and emotional health (II)
3. Describe the uses, applications, parameters, and therapeutic purposes of various types of taping and bracing. (III)
4. Integrate applications of fitness principles with prevention and rehabilitation of athletic injuries. (IV, V)
5. Describe contemporary trends in flexibility, strength training and conditioning as related to prevention of athletic injuries and therapeutic interventions. (IV, V)
6. Differentiate between basic therapeutic modalities and their uses. (IV)
7. Demonstrate techniques of flexibility and strength training appropriate for rehabilitation from injuries. (V)
8. Explain the concept of evidence-based practice and its impact on rehabilitation methodology. (VI)
9. Identify legal issues relating to rehabilitation and explain the concept of third-party reimbursement. (VII)

Course Materials

Books: Sports Medicine Essentials 2nd edition text (this will be supplied by the school for in-class use)

- Supplies: **Composition book**, school issued iPad-charged daily, Google drive created with DVUSD academic email, a 3-ring ½ inch binder and plastic sheet protectors for professional portfolio, 3x5 index cards (500-600), **black ink pens**, pencils and colored pencils

Laboratory Breakage Policy: The Sports Medicine Department has a policy regarding the damage or breakage of laboratory equipment. In the event a student breaks any laboratory materials, that student will be responsible for paying the replacement cost of each item. The students are taught proper safety procedures and laboratory etiquette to ensure the safety of our students during lab activities. This policy helps hold the students accountable for their actions and reinforces careful laboratory procedures.

Grading Policy

- A - 90-100%
- B - 80-90%
- C - 70-79%
- D - 60-69%
- F - below 60%

- Grades are cumulative for each semester. The grade book categories for the semester work are as follows:
 - 90% assessments (test, quizzes, projects, and labs)
 - 10% class work/homework
 - **These two categories comprise the 80% of your overall course grade**
- The final exam will account for the other 20% of the overall course grade.
- No extra credit will be accepted.

Test Retakes

Students may retake tests under the following circumstances:

If the original test score is below 60%. Re-takes must be completed **within one week** of the original test date. However, in the event of an absent, there will be more time to make up the missed tests and assignments depending on time absent (see make up / late work). *This retake policy does not apply to final semester exams.*

Attendance

Students will be expected to enter the classroom by the final warning bell, go directly to their seats, Check the board for instructions, get ready for the daily lesson and begin work immediately. The school's sweep policy will be enforced, and disciplinary actions may be taken for unexcused absences per school policy.

Powerschool Access

The Powerschool site allows parents/guardians and students to access the student's grades, attendance, and other information. If you need your access information, please stop by the front desk during business hours. You will need a photo I.D. The web address is: ps.dvUSD.org/public

dvUSD.instructure.com: This syllabus, course calendars, assignments, study materials, and additional reading material will be posted on the canvas website (dvUSD.instructure.com). Students are expected to utilize this resource **regularly**, and can do so by using their school login information. Once they login they need to click on their class. Students will be REQUIRED to submit some assignments, and most group projects electronically through this site. If students do not have access to a working computer at home, there are computers available in the school library, as well as our classroom. Students will also be expected to print out a copy of their study materials from this website *prior* to the class period which will be used to work on them. I will post some study materials on the smart board to hand copy if students fail to bring a printed copy, however, bringing their own copy to class will save time and minimize homework.

Make-Up Work

Upon return to class after an absence, a student has one school day for each day missed to make up work/test assigned during his/her absence regardless of the number of days absent. For example, if a student is absent on Thursday and Friday, he/she will have Monday and Tuesday of the following week to make up work and must turn in the work that was assigned during the days absent on Wednesday. It is the student's responsibility to check with teachers immediately upon return for work missed. Teachers may choose to schedule an appointment with the student to formulate a plan for the completion of make-up work.

Coursework and assessments assigned prior to the absence(s) may still be due on the date assigned or due on the first day that the student returns to class.

Make-up work for extended absences may be requested through the Counseling Office and picked up there.

It is entirely the student's responsibility to find out what assignments they have missed, and turn them in within the allotted time. Frequently checking canvas, and working closely with your classroom group leaders should reduce the risk of missing materials and assignments due to an absence.

Note: No revised work and/or retakes will be permitted during the last two weeks of a semester.

Late Work Policy

Aside from the absence make-up policy, if any assignment is not turned in by the time and date it is due, it will be considered late and docked points accordingly. The most any late assignment can receive is 50% credit up to one week after the due date. If it is more than one week late, it will not be accepted at all and zero points will be given for that assignment.

Long Term Project Policy

Long term projects are due on the date and time assigned, as defined in writing in advance by the teacher. **NO EXCEPTIONS. THIS SUPERSEDES THE MAKE-UP POLICY.** If the student is absent or the class does not meet that day, the PROJECT IS STILL DUE ON THE DAY ASSIGNED. Group projects/presentations will be expected to be uploaded to canvas ahead of time, so an absent group member does not affect a timely submission. Group projects may also be turned in prior to the due date. If necessary, a parent/guardian may turn in at the front desk by the due date.

Classroom Behavior Expectations

Students are expected to abide by all of the school rules (the handbook can be found on the Sandra Day O'Conner High School website), but they are also expected to follow specific classroom rules. Students and parents will be asked to sign a copy of the syllabus, acknowledging that they understand and agree to these terms. The rules are in place for one main purpose: to provide a safe, respectful, tolerant and accepting environment conducive to learning. Since this is a profession oriented class, I expect all students to work as a team to accomplish goals, practice excellent communication, and follow all school and class rules while in class and during related out-of-class activities. School dress code is appropriate in class. However, business casual dress code with closed-toe shoes (NO FLIP FLOPS/SANDALS due to safety precautions) will be strictly enforced while participating in professional observations and labs.

The rules are as follows:

- Ⓢ Show respect for yourself and others
- Ⓢ Actively participate in class assignments within the parameters set for those assignments
- Ⓢ Be on Time and in attendance every day for class.
- Ⓢ Follow classroom, school, and district rules regarding dress, attendance, behavior. These rules will be ENFORCED according to District Policy.
- Ⓢ **Do not bring food or drinks into the classroom or sports medicine labs.**
- Ⓢ Follow all rules for safety
- Ⓢ Behave in a "professional manner" as appropriate for future health care workers
- Ⓢ Profanity or abusive language or behavior is not permitted and will not be tolerated
- Ⓢ Stay engaged in learning activities until the bell rings
- Ⓢ Absent work will be managed by your learning team and team leader. Ask all relevant questions about your absence to your team leader before you see the instructor.
- Ⓢ Leave the classroom/lab as you found it – **clean up after yourself**

Consequences: The first time a rule is broken, depending on the severity of the violation, it will result in a warning. Regardless of the violation or frequency of violations, the first step will always include the following: The student will be asked to identify the rule they violated and describe a more appropriate way that they could have responded to the situation. This will be followed up by an after-class discussion for a second violation, a conference with the student and his/her parent for a third or more severe violation, and a referral to administration for a fourth or most severe violation. A phone call to parents can be made at the instructor's discretion after any violation.

Supplemental video resources:

In addition to district approved video clips, any of the following videos may be shown to complement instruction on certain topics. By signing the signature portion of this form you are acknowledging that you are aware of the possibility that the following videos may be shown in class, and you are giving your child permission to view them. There will be alternative assignments available to students who do not have permission to view the videos. If there are any specific videos on this list that you would prefer to restrict your child from viewing, please sign the form and indicate your exceptions.

Episodes from the Sport Science Series- uses an inquiry approach to study how the human body is able to withstand the demands placed on it, and gives an in-depth look at the physiological components of injuries

You Tube Video's- give's the ability to watch different MOI's and diagnosis sports injuries

Electronic Device Use

Technology (cell phones, iPods, hand-held devices, etc.) use in the classroom is intended to **enhance** the learning environment for all students; however, any use of technology that substantially degrades the learning environment, promotes dishonesty or illegal activities, is prohibited. If the instructor determines that the use of technology is a distraction to the learning process, either of the student using the technology or to those around him/her, the student may, at the discretion of the teacher, be asked to discontinue the use of technology in the classroom.

Personal Electronic Device Use:

Personal Electronic Devices include cell phones, iPods, other mp3 players and similar technology devices **used for entertainment and communication/social media**. Students are expected to refrain from the use of electronic devices for personal entertainment and/or communication (i.e email, instagram, facebook, etc.) during instructional time (as determined by the teacher or classroom designee). While students may freely use these devices before and after school, during passing period, and at lunch- the teacher will limit the use of personal devices and for which purposes during class to ensure that *all students are focused and ready to learn*.

Bring Your Own Device and Use of Electronic Devices to Facilitate Learning:

Sandra Day O'Connor High School will begin to integrate the use of tablets, laptops and smart phones **as a learning tool** in the classroom. Once the technology tools are added to the classroom for learning, the classroom teacher will inform students as to when they may use their device and for which purposes. Students must adhere to their teacher's guidelines for use & appropriate times for use. Any student who violates the teacher's guidelines will be subject to disciplinary action. *Please note- students may not access their personal devices, whether for entertainment or learning, if the teacher has stated that the classroom activities at that time do not warrant use. For example, during testing or assessments.*

Academic Integrity Statement in the Course Syllabus:

Adherence to the O'Connor Academic Integrity Code

All students enrolled in Introduction to Sports Medicine will adhere to the framework and guidelines set forth in the O'Connor High School Academic Integrity Code. Cheating and Plagiarism will not be tolerated. **The purpose of this code is to promote a positive learning environment for all involved.** As humans, we will make mistakes as we grow. It is understood that we can learn from those mistakes and become better individuals in the future.

Any student who violates this code will be referred to the Students Rights and Responsibilities handbook and assignment of appropriate consequences.

Plagiarism and Cheating

Cheating: In cheating, a student is taking the work of another, on any assignment, and claiming it as his/her own. At SDOHS cheating includes but is not limited to:

- Copying and/or offering homework verbally, in written form, or by electronic means from/to another student.
- Copying and/or offering questions and/or answers on tests or quizzes verbally, in written form, or by electronic means from/to another student.
- Pressuring other students to copy and/or offer homework, answers and/or questions on tests or quizzes verbally, in written form or by electronic means.
- Bringing in & using unauthorized information during class time, including information stored in any electronic device.
- Offering or receiving information under circumstances in which information is not to be shared.
- Having anyone, including parents or tutors, complete assignments and submitting the work as one's own.
- Presenting collaborative work as independent work and independent work as collaborative. (In group work, one person should not and will not bear the burden for the entire group assignment.)
- Copying answers from answer guides in texts.
- Fabricating data, information, or sources. Presenting made up material as authentic.

Plagiarism: The act of plagiarism may include direct copying, but it may also be more complex than verbatim repetition. A student, in preparing a project for a class, will have plagiarized if he/she has taken information from sources without citing the sources that have been used. Plagiarized material may appear in a student's paper as word-for-word copying, a summation, or a paraphrase of another's ideas. A student has plagiarized whether the material from another source has

been taken in whole or in part. In effect, by not naming the source, the student is claiming the work of another as his/hers. At SDOHS plagiarism includes but is not limited to:

- Submitting images and/or documents in whole or in part from the Internet without citation of the source(s).
- Copying another's work.
- Using another's ideas without proper citations.
- Incorporating portions of another's writing within the context of your own work.
- Failing to acknowledge a source of information.
- Using "unique" phrases without citations.
- Using graphics, charts, diagrams, or illustrations without citations.
- Using a translator (either in-person or on-line) without proper citations

Plagiarism and/or Cheating will result in disciplinary actions and a 0%, with no option to redo/retake. - **no exceptions.**

Loss of Credit Due to Absences

Upon reaching 5 unexcused absences or a combination of 12 unexcused and/or excused absences, a student may **lose credit** in any given class.

Any student may be placed on an Attendance Contract upon accumulating multiple excused and unexcused absences.

Any student with excessive absences may:

1. Lose credit in one or more classes.
2. Lose parking privileges.

Communication

Please contact the teacher for any student concerns. It is crucial that teachers, parents, and students maintain open lines of communication in order to ensure the best support for student success. Contact information is provided at the top of the first page of this syllabus.

The Deer Valley Unified School District does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs and activities. For any inquiries regarding nondiscrimination policies contact the Superintendent's Department, 20402 N. 15th Avenue, Phoenix, AZ 85027. 623.445.5000.

Student name _____ **Class period** _____

Please return this page by Friday, August 9, 2019.

By signing this paper, I verify that I have read the 2019-20 Advanced Sports Medicine syllabus in its entirety and can refer to its contents at any time on the canvas site @ dvusd.instructure.com.

Students- Please read and sign the following:

I acknowledge that I have received, read, and understand this course syllabus, and agree to the terms of which it describes.

Student Name (printed) _____

Student signature _____ *Date* _____

Student email address _____

Student cell phone # (necessary in order to use phone in class when allowed) _____

Parents- Please read and sign the following:

As a parent/guardian I have read the Syllabus for Advanced Sports Medicine 2015-2016 & agree to support the guidelines set forth in it.

Parent signature _____ *Date* _____

Parent email address _____

Parent phone number _____

Parent's preferred means of communication: _____

****providing email addresses and phone numbers will allow for quicker communication regarding course changes, materials, opportunities, and student progress. They will not be shared with anyone.**

I acknowledge that I have read the list of supplemental video resources & will allow my son/daughter to view videos listed.

Parent/Guardian's Name _____ Parent/Guardian's Signature _____

Please list any exclusions here _____

